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Ford vows to run again

Conflict of interest.

Judge orders Toronto mayor removed from office for violation of code of conduct



JESSICA SMITH

Metro in Toronto

Stubbornly believing he wasn't breaking the rules on conflict of interest, despite never having read them, wasn't a good enough defence for Toronto Mayor Rob Ford, a judge decided on Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February regarding a financial penalty he was ordered to pay for soliciting donations to his football charity using city materials. The judge ordered Ford's seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," Hackland wrote.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Magder was that if he did in fact violate the conflict-of-interest rule, he did so honestly, in an error of judgment, which is a valid defence under the act.

In September, Ford testified

he knew all about conflict of interest, despite never having read the act, because his father had been an MPP. The judge found that insufficient.

Before a throng of reporters on Monday at Toronto city hall, Ford said he will appeal the ruling and "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers, like I always have," he said.

He blamed the outcome on his opposition. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Toronto lawyer Clayton Ruby, who represented Magder, said Ford has no one to blame but himself.

"While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this," Ruby said. "Rob Ford did this to Rob Ford ... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules."

Ruby said Ford should never have taken money from lobbyists to begin with. But it was the mayor's decision months later to take part in the council vote on whether he should have to pay it back that landed him in trouble with the conflict-of-interest act. Ford voted to absolve himself of the penalty.



Toronto Mayor Rob Ford talks to media on Monday at city hall in Toronto. Ford was ordered out of office after a judge ruled he broke conflict-of-interest rules. The problems also continued for London Mayor Joe Fontana on Monday with a council committee recommending that he take a paid leave of absence as he fights criminal charges. For more on that development, see page 3. NATHAN DENETTE/THE CANADIAN PRESS

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Project Distract

London police nabbing drivers on cellphones

A recent traffic-enforcement blitz targeting drivers using hand-held devices has resulted in 66 provincial charges, London police said.

During the two-day blitz, called Project Distract, officers were on the lookout for drivers talking or texting on their cellphones.

Of the charges, 45 were for holding or using a cell while driving. The remaining 21 were for offences related to the Highway Traffic Act or the Compulsory Automobile Insurance Act.

So far this year, police have issued 1,149 offence notices to motorists using a cellphone while driving.

METRO

The Joy of carnism

Activist discusses our relationship with animals

Ever wonder why we love dogs, eat pigs, and wear cows? Find out at a free public presentation at King's University College.

The King's Animal Rights Club and Cedar Row Farm Sanctuary are hosting internationally-acclaimed author Melanie Joy on Friday at Labatt Hall 105 at 7 p.m.

A longtime social activist, Joy will discuss carnism: The belief system that shapes our perceptions of the meat we eat, so that we love some animals and eat others. Joy's presentation is titled after her award-winning book *Why We Love Dogs, Eat Pigs, and Wear Cows*.

There will be a Q&A, book signing and refreshments after the presentation.

METRO



Coun. Denise Brown, left, casts the lone vote against a motion asking that Mayor Joe Fontana take a leave of absence as he fights criminal charges. Coun. Joni Baechler, right, tabled the motion during a committee meeting. Couns. Nancy Branscombe, centre, and Paul Hubert, not pictured, supported the motion. ANGELA MULLINS/METRO

Committee calls for mayor to take a leave

Council. The motion, however, carries no legal weight and cannot force Fontana to accept



ANGELA MULLINS
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It's official. Well, as official as it can be.

A council committee has recommended that Mayor Joe Fontana take a paid leave of absence as he fights criminal charges of fraud under \$5,000, breach of trust by a public officer and uttering forged documents.

The recommendation — supported Monday by Couns. Joni Baechler, Nancy Branscombe and Paul Hubert — will be debated by full council Dec. 11, but carries no bind-

ing authority.

Baechler, who tabled the request, acknowledged her motion was "symbolic" but not "irrelevant." A question mark "will punctuate" politicians' actions as Fontana's case makes its way through court, she said.

"There has not been any council discussion on arguably one of the most important issues to face council in decades," Baechler told the committee. "To not discuss this issue is absurd at best and a dereliction of duty at worst."

"Council must resolutely indicate we are disturbed by this issue and the implications to public trust, citizen engagement and the city of London."

Coun. Denise Brown who, along with Fontana, rounds out the five-member finance and administrative services committee, voted against the move, questioning the motion's legality.

Fontana left the room for the discussion and the vote, citing a possible conflict of interest. Thursday, two days after the RCMP laid charges, Fontana publicly proclaimed his innocence and his plan to stay put.

The charges stem from an alleged \$1,700 government cheque used as a deposit on his son's 2005 wedding reception. Fontana was an MP and Liberal cabinet minister at the time.

Brown previously has said the mayor should take a leave, and, after Monday's vote, said she has privately asked him to do so. Supporting a formal request on the council floor, however, goes too far, Brown said.

"I've been advised it was not a legal motion," she said after the meeting, explaining that she had consulted a lawyer. "We have no grounds to ask him to step aside whatsoever."

"That has to be his decision. It cannot be ours."

In other action

Also on Monday, council's finance and administrative services committee:

- Recommended partnering with the YMCA of Western Ontario to negotiate a deal to buy the former Normal School from the province. Negotiations would include plans for an estimated \$5 million in renovations.
- Rejected a proposal from Coun. Joe Swan to form a community committee charged with setting the rules for an update of council's code of conduct. City staff is reviewing the code and will report to council with recommendations of "best practices."



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ROGERS

1 NEWS

Concert hall bids not 'mutually exclusive', one leader says

Individual plans.

Investment and economic prosperity committee to field updated pitches as mid-December vote on city funding looms



ANGELA MULLINS

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Leaders of two separate efforts to build downtown London concert halls seem willing to join forces, if it means making the long-talked-about vision a reality.

The Grand Theatre and Music London — a community task force spearheaded by Orchestra London — pitched individual plans to a council committee this summer. They'll be back at city hall Tuesday, making slightly revamped bids for city support.

One thing's for sure, said David Canton, chair of the Music London task force: the city's not big enough to support two halls.

But, he said, there may be a way for the task force and The Grand to work together.

"We don't see what we're doing as a mutually exclusive

At a glance

Concert hall proposals:

- **The Grand Theatre (471 Richmond St.):** Pitching a \$100-million expansion that would include a 1,200-seat concert hall, a 400-seat theatre and more room backstage. No city cash is required, but a municipal parking lot would be donated to the effort.
- **Music London:** Pitching a \$40-million concert hall with 1,200 to 1,400 seats. It wants a \$10-million commitment from the city. The site hasn't been selected, but could include mixed-use developments like condo and office towers with space to house a new city hall.

thing," said Canton, who also sits on Orchestra London's board of directors.

Partnering with The Grand is certainly "one possibility," he said.

Deb Harvey, the theatre's executive director, is also on board for a meeting of the minds.

"We would be happy to partner with Music London and any groups in London



Pedestrians walk past The Grand Theatre on Richmond Street in a photo taken earlier this year. Theatre officials have pitched a \$100-million expansion.

ANGELA MULLINS/METRO FILE

that have an interest in such a community arts centre," she said in a Monday email to Metro.

Music London's Tuesday presentation is essentially the same as the idea put for-

ward this summer but will include more detail, Canton said.

The Grand had initially asked for \$25 million from city coffers.

Now, in lieu of cash, Har-

vey is proposing a land swap — the city would donate its Queens Avenue parking lot to the theatre, which would then give it to Sifton Development.

In exchange, Sifton would

give a Dufferin Avenue parking lot to The Grand.

The Dufferin lot abuts the back of the theatre, where the expansion would be. Sifton wants to build a residential tower on the Queens lot.

Boler Mountain eager to rebound after disappointing winter



Boler Mountain's terrain park supervisor, Chuck Vandenberg, 30, of Wyoming, Ont., fiddles with the control panel of a snowmaking machine located on the mountain on Monday. JOHN MATISZ/METRO

It looks like Boler Mountain officials will finally reap the benefits of their newest asset.

Although the \$4-million West Hill opened last February, a warmer-than-usual winter limited use of the 67-metre slope. But this winter's forecast is calling for a colder and snowier season, relatively speaking.

"It's going to feel much more winter-like this year," said David Phillips, senior climatologist for Environment Canada. "It's going to come earlier, stay later, and it's going to be tougher in the middle."

Phillips cautions that the

forecasted conditions for London say temperatures will be milder than normal. When placed next to 2012's numbers, however, things look pretty good for Boler.

With last year's 20 per cent drop in attendance still on the books, that's music to Greg Strauss's ears. Strauss is one of the not-for-profit organization's managers. Instead of the usual 100,000, he said only about 80,000 visitors came through Boler's gates.

Thanks to a chilly couple of days, Strauss and company fired up its snow generators

this past weekend in preparation for a rebound season.

"We've got one of the best snowmaking systems in Ontario," Strauss said. "Once the temperature hits -2 C, we're primed and ready to go."

Opening day is targeted for mid-December, but he said the specific date has yet to be decided. That, of course, will depend on how it feels outside.

Environment Canada issues its official winter forecast on Dec. 1. At this point in time, Phillips says, London's winter is "all over the place."

JOHN MATISZ/METRO

Weather forecast

- **Tues.** Mix of sun and cloud with 60% chance of flurries (high 2 C)
- **Wed.** Cloudy with 60% chance of flurries (high 2 C)
- **Thurs.** Mix of sun and cloud (high 5 C)
- **Fri.** Cloudy with 40% chance of showers (high 6 C)
- **Sat.** Cloudy with 60% chance of showers (high 8 C)

* Source: Environment Canada

Royal Winnipeg Ballet

Sleeping Beauty London-bound

The Royal Winnipeg Ballet's production of Sleeping Beauty will be coming to the RBC Theatre at Budweiser Gardens on April 13. Tickets go on sale Friday at budweisergardens.com, Masonville Place, Fanshawe College BizBooth, The Bookstore at Western and Books Plus. **METRO**

Paths of Quiet Light

London composer wins competition

London's Matthew Emery won a Conservatory Canada Facebook competition by getting the most votes across the nation. Emery, 21, won the Creative Composer's Competition for his piece Paths of Quiet Light. The third-year student at the University of British Columbia receives a \$500 gift card from Long



Matthew Emery CONTRIBUTED

& McQuade and a Roland digital handheld recorder. To hear Paths of Light, go to metronews.ca. **METRO**

Susan Crowley

Children's Health gets new CEO

Susan Crowley will become president and CEO of the Children's Health Foundation board of directors Jan. 14.

Crowley is currently associate vice-president of strategic initiatives, university relations with the University of Waterloo. **METRO**

Award-winning musical

Dreamgirls tickets on sale Friday

The musical Dreamgirls is coming to London on April 30. Tickets for the performance at Budweiser Gardens' RBC Theatre go on sale Friday. They will be available at budweisergardens.com, Masonville Place, Fanshawe College BizBooth, The Bookstore at Western and Books Plus. **METRO**

My Sister's Place

Fanshawe takes to the catwalk

Fashion merchandising students at Fanshawe College will host a charity fashion show Friday to raise money for My Sister's Place, an initiative that teaches at-risk women about business. The show is being hosted at Goodwill Industries. Tickets are \$45, available online at fanshawec.ca. **METRO**

Former Salvation Army exec charged in toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken

from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over \$5,000, seven counts of theft under \$5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS



David Rennie turned himself in and was charged at 33 division for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer. THE CANADIAN PRESS

Deadly cocktail

Mixing grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly

— consequences, finds a comprehensive review by a research team affiliated with Western University.

Chemicals in grapefruit can affect how fast certain meds, including highly-prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines, are absorbed. THE CANADIAN PRESS



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Deadly blaze rips through workshop for the disabled

14 dead, 8 injured.
German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of



In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire has killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has

around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be

rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabil-

ities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

THE ASSOCIATED PRESS

Taliban

Prominent Pakistani survives assassination attempt

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor threatened by the Taliban for his coverage of a schoolgirl shot by the militants, police said.

THE ASSOCIATED PRESS

Presumed dead

Search ends for boys swept to sea as parents die in attempt to rescue family dog

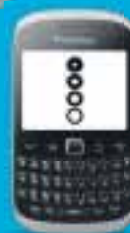
The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

THE ASSOCIATED PRESS

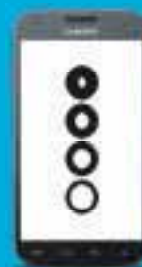
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Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry

as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their

role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under \$200,000 to more than \$700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. **THE CANADIAN PRESS**



Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. **PAUL CHIASSON/THE CANADIAN PRESS**

Support. Opposition sides with military ombudsman over access to records

The federal Opposition has accused the Harper government of obstructing the work of the military ombudsman following reports Pierre Daigle was stonewalled in his request to view cabinet documents during several recent investigations.

NDP critic Matthew Kelway says Daigle is one of a growing list of watchdogs who are being prevented from doing their jobs.

The military ombudsman says he believes his mandate allows him to look at secret cabinet documents, as long as he doesn't report on their contents.

However, he was blocked when his staff asked for documents related to the inability of National Defence to deliver on a promise to increase dismemberment coverage for part-time soldiers.

THE CANADIAN PRESS

On the defence

- **No hindrance.** Defence Minister Peter MacKay flatly denied the ombudsman is being hindered and told the House of Commons that the department has an open and productive relationship with Daigle.
- **Similar fight.** Former veterans ombudsman Pat Stogran ran into a similar fight with the Conservatives and obtained a legal opinion that said his mandate allowed him to look at secret documents, as long as they were used for context only.
- **Work continues.** MacKay says the government will continue to work with the ombudsman within the scope of his mandate and the law.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec human rights tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS

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Carney to head Bank of England

Crossing the pond.

Canada's central banker is 'going to where the challenges are greatest'

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal Party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that



Bank of Canada governor Mark Carney smiles at a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not

do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt." THE CANADIAN PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to contribute an additional \$500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in \$5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA.

The Jan. 1 increase will be the first adjustment in the contribution limit since TFSAs were created in 2009.

THE CANADIAN PRESS

Detroit-Windsor bridge

New crossing will spur job creation, governor says


Michigan Gov. Rick Snyder was in Toronto Monday to whip up enthusiasm for the new bridge linking Windsor and Detroit.


"I'm quite confident that this new bridge crossing will be the largest, busiest freight crossing between our two countries, potentially for the next hundred years," he said, adding that it will spur the creation of tens of thousands of jobs on both sides of the border.


TORSTAR NEWS SERVICE

Market Minute

 **DOLLAR**
100.62¢
(-0.19¢)

 **TSX**
12,185.05 (-28.19)

 **OIL**
\$87.74 US (-54¢)

 **GOLD**
\$1,749.60 US (-\$1.80)

Natural gas: \$3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)



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WHEN DID I START WORRYING ABOUT MOM AND DAD?



SHE SAYS...
Jessica Napier
metronews.ca

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheck and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal, and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

Shouldn't you be eating more green vegetables, mom and dad? Maybe cut back on the drinking and give up that occasional cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on

them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly-protective worriers. After all, a few small changes now could result in a few more years together, and I want mom and dad to be around as long as possible.

Follow Jessica Napier on
Twitter @MetroSheSays



After so many years of them looking after us, the roles reverse — and we are suddenly wrapped up in our parents' wellbeing. [MH.XBHD.ORG/FLICKR](#)

The Queen's very hairy encounter



DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. **METRO**

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. **METRO**

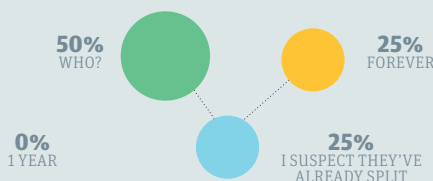
The barracks history

- Founded in 1804, the barracks comprises more than 20 acres and is located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.



Register at [metropolitanpanel.ca](#) and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianca Kamber last?



Twitter

@stumpyraccoon:

Ford's misdeed was done publicly, no question he did it. If Fontana even did his misdeed is still unanswered. Very different. #ldnont

@RebeccaTyre:

I graciously offer the mayor of #LdnOnt, Joe #Fontana, to the citizens of Toronto. However, please don't send us #Ford in return. Thanks.

@BrianGibson13:

Mayor Ford removed from office - "For the Mayor, integrity in government should be a top priority". When will our mayor act on that? #ldnont

@_drewski:

On what (proven) grounds are people calling for Fontana to resign? #ldnont

@DJKid_A:

Who's up for a Stobies lunch break? #ldnont



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DVD review



Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

●●●●●

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

ParaNorman

Director. Chris Butler, Sam Fell

Stars. Kodi Smit-McPhee, Anna Kendrick

●●●●●

Young Norman Babcock (Kodi Smit-McPhee) sees dead people. And man, it's a drag — for him, but not for us. Norman's parents and siblings don't believe him, even though his dead granny still natters away in the living room. His classmates and fellow citizens of Blithe Hollow, Mass., think he's a freak. Everyone except for Neil Downe (Tucker Albrizzi), who is fat and bullied and who finds a kindred spirit in the sad-faced boy. But when a witch from the town's past returns to settle old scores, it's up to Norman to use his gift to see a way to salvation. ParaNorman retells the classic reluctant hero saga, but in an entertaining way that will appeal to everybody above thumb-sucking age.

PETER HOWELL



The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centre-piece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for mak-

ing major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to

do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Loving homages to the craft are present in Weta Digital's seven buildings around the green-hilled suburb of Miramar. There are old-time movie posters, prop skulls of dinosaurs and apes, and a wall of latex face impressions of actors from Chris O'Donnell to Tom Cruise.

Its huge data centre, with the computing power of 30,000 laptops, resembles a milk-processing plant because only the dairy industry in New Zealand knew how to build cooling systems on such a grand scale.

Little of Weta's current work was visible. Visitors must sign confidentiality agreements, and the working areas of the facilities are off-limits. The company is secretive about any unannounced projects, beyond saying Weta will be

Big business

The New Zealand government calculates that feature films contribute \$560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about \$100 million toward the \$500 million production costs of The Hobbit trilogy.

working solidly for the next two years, when the two later Hobbit films are scheduled to be released.

The workforce has changed from an American majority to about 60 per cent New Zealanders. The only skill that's needed, Letteri says, is the ability to use a computer as a tool.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word



Lohan wants more small screen action



THE WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's *Liz and Dick* on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down—RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

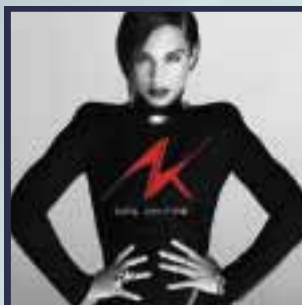
And honestly, judging from the attention *Liz and Dick* received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about *Liz and Dick* for a long, long time.)

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Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, na-

tional clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Baubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."



Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, *Running: Complete Guide to Building Your Running Program*.

1 Adjust the intensity of your workout.

2 Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.

3 Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.

4 Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.



Best Health

Caffeine: how much is too much?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In each issue of Best Health, we look beyond the headlines.

At press time on our December issue, on newsstands now, the U.S. Food and Drug Administration was reportedly investigating five deaths and one heart attack in the U.S. for their possible connec-

tion to consumption of an energy drink.

A 24-ounce can of the drink has 240 mg of caffeine, according to the company.

Energy drinks are not yet clearly labelled with nutritional information, including caffeine.

Last October, our federal government announced new measures to provide Canadians with more information about energy drinks, which up until that point were classified as Natural Health Products and were not required to put nutrition labels on their products.

Under the new meas-

ures — scheduled to be in effect by late 2013 — Health Canada also moved to limit the amount of caffeine in an energy drink to 180 mg in a single serving.

Caffeine is actually good for you, in moderation. But too much can be harmful. Health Canada says adult Canadians



should consume no more than 400 mg of caffeine in a day — equal to about three small cups of coffee. Regular tea has about one-third of the caffeine that coffee does, and green tea has less than one-quarter. For more on caffeine, pick up the latest issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.

Beef and Butternut Squash Stew goodness in 45 minutes



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. **THE ASSOCIATED PRESS**

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

• Mussels have almost as much zinc and much more B12.

• Chicken thighs have about half the amount of iron.

• Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think

about:

• Grass fed beef has a healthier fat profile.

• Grass fed lamb or bison is a great option.

• Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND**

FOUND DAILY AT MYFRIENDINFOOD.COM



Five is the magic number in this Roast Beef Tenderloin

It's all about harmony and yin-yang. And while that sounds tritely New Age, it really is the key to Chinese cuisine.

Because, as with so much of Asian cooking, the blend of seasonings known as five-spice powder is intended to trigger a sense of balance in the mouth and nose. How?

A selection of spices that simultaneously hit notes of

warm and cool, sweet and bitter, savoury and searing.

And that's what you get with five-spice powder, a mix of fennel seeds, cinnamon, cloves, star anise and Sichuan peppercorns.

Like spice blends around the world, the proportions of those ingredients vary by region, but some variant of it is used throughout China.

That robust profile of fla-

vours makes it a natural for roasted meats.

1. In bowl, mix oil, five-spice powder, salt and pepper.

2. Use paper towels to pat dry tenderloins, then rub them all over with the spice blend. Set on a plate, cover loosely with plastic and refrigerate for at least 1 hour,

or up to 2 days. An hour before roasting, remove tenderloins from refrigerator and let warm slightly at room temperature.

3. Heat the oven to 375 F.

4. Lightly coat a roasting pan with cooking spray. Scatter onions, carrots and garlic in pan, then set roasting rack above them. Set

Ingredients

- 2 tbsp olive oil
- 1 tbsp five-spice powder
- 1 tbsp kosher salt
- 1/2 tsp black pepper
- Two 2-lb beef tenderloins
- 2 large yellow onions,

- chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cups beef stock
- 1 cup red wine
- 1 tbsp instant flour

tenderloins on the rack and roast 40 minutes, or until beef reaches 120 F for rare. Remove rack from pan, cover the meat with foil, then set aside to rest for 10 minutes.

5. Meanwhile, set roasting pan over medium-high heat on stovetop (you may need to use two burners).

Add stock and wine; bring to simmer, scraping bottom of pan. When liquid has reduced by about half, strain and discard solids. Return the pan and sprinkle in the flour. Heat until thickened.

6. Slice beef and serve with pan sauce.

THE ASSOCIATED PRESS

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PLAN FOR PERSONAL GOALS

WEIGH YOUR OPTIONS WHEN CONSIDERING CONTINUING STUDIES

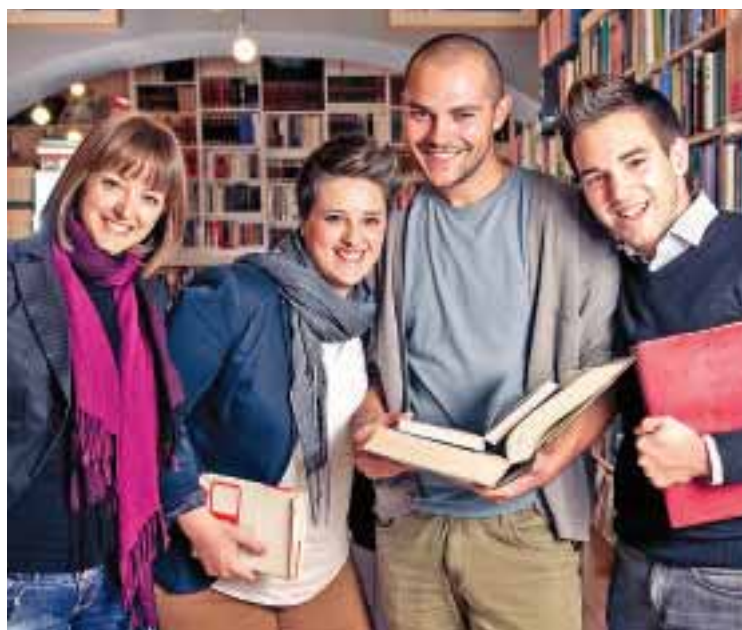
Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McCrae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exist and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time.



ISTOCKPHOTO/THINKSTOCK

"Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be

designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continu-

ing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

— Jon Tattrie

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TRIOS COLLEGE PHOTO

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THE LOVE OF LEARNING

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Few Canadians today can expect their education to end with their final high school or post-secondary class. Many adults need to become lifelong learners to develop their careers and to lead fuller lives, experts say.

Heather McRae, associate dean of engaged learning at the University of Alberta, says the benefits to continued education are as varied as the students.

“For some, it’s an opportunity to learn about a particular topic or share ideas and experiences with others in the class,” she says. “Many people take courses in order to advance in their job role or learn a specific skill that will be helpful in their work, or allow them to change to a different type of work. Some people take specific coursework for credit within their professional organization. Others just love to learn.”

At the U of A, the occupational health and safety certificate program is the most popular this winter. Other in-demand courses are in management development, purchasing management, local government and business analysis.

“We are currently working on two

citations in social media and anticipate that these programs will be very popular as well,” McRae adds.

Continuing education is good for businesses, too, she argues, since an investment in their staff’s professional development maintains a highly-skilled work force.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University in Halifax, agrees. She says most of their continuing education learners are working on degrees or taking professional development in fields like child care.

For many, an academic degree is crucial to career advancement. That’s especially true for people working in government. “To rise to a certain level, you need to have a degree,” she says.

Another segment of students are continuing their education to prepare for a second career. “It’s building skills and knowledge they will use in the future. We have people in the military, for example, doing degrees in business,” Watts says, as they prepare for life after their service is complete.

— Jon Tattrie

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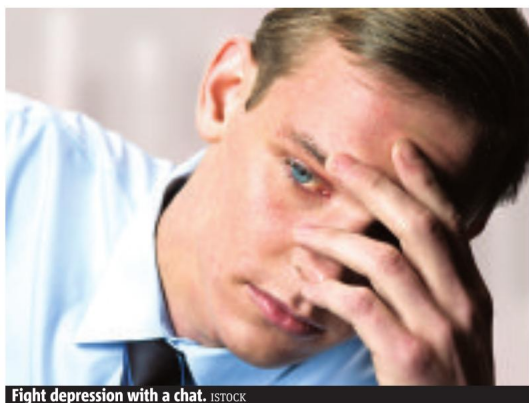


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Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

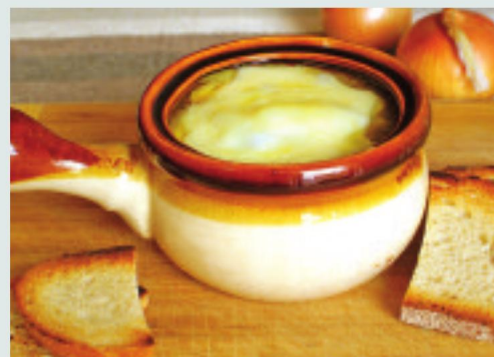
When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel

Fork, spoon or both?



Delicious but messy to eat, so save it for the family table. iSTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.



CHARLES THE BUTLER
askcharliesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the

'70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus. I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at-home only menu item.

to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking

care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

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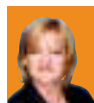


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Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning (\$230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about \$18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits



Are you going to be a parent? Time to start saving. ISTOCK IMAGES

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

are generally only 55 per cent of your employment income to a maximum of about \$445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount

wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a \$20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

There's no point in looking at income until they know their bottom line expenses.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't trump or be trumped over the holidays



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a \$200 Hugo Boss wallet.

Meanwhile, his gift to you was a \$20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside \$500 and have to buy gifts for 10 people, meanwhile your honey may have \$1,000 to spend on five people.

It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like \$50 per person, or whether you want to draw names and



Discuss how much you will spend on gifts ahead of time. ISTOCK IMAGES

only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money. And remember that in lean times family and friends often don't exchange any gifts. Rather, they'll swap homemade baking, cards or enjoy free festive activities like viewing holiday displays, watching local plays, having friends over for movies or playing outdoor winter sports.

Setting up expectations in advance of the holidays will allow you to focus on what's truly important during this season — spending time with friends and family.

Follow Lesley on Twitter
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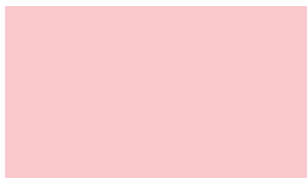
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MLB

Blue Jays fill five coaching spots

John Gibbons' staff is taking shape as the Toronto Blue Jays filled five of its coaching positions on Monday.

DeMarlo Hale joins the Blue Jays as bench coach, Chad Mottola will serve as hitting coach, Dwayne Murphy will act as first base and outfield coach, Luis Rivera will move to third-base coach and Pete Walker moves from the bullpen to serve as pitching coach.

The Blue Jays still need to find a bullpen coach to replace Walker.

THE CANADIAN PRESS

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS

Knights' Domi raising his game down low

OHL. Talented forward and London teammates waltz into Kitchener on 11-game win streak



JOHN MATISZ

john.matisz@metronews.ca

Max Domi has found a comfy spot to park when the London Knights have more players on the ice than the other guys.

It's about a foot away from the opposing team's net, just outside of the blue paint.

"I'm learning how to play down low," Domi, 17, said. "When you've got a guy like Griff (Seth Griffith) — who's strictly a shooter — there's always rebounds. I'm always kind of sniffing around there, looking for something."

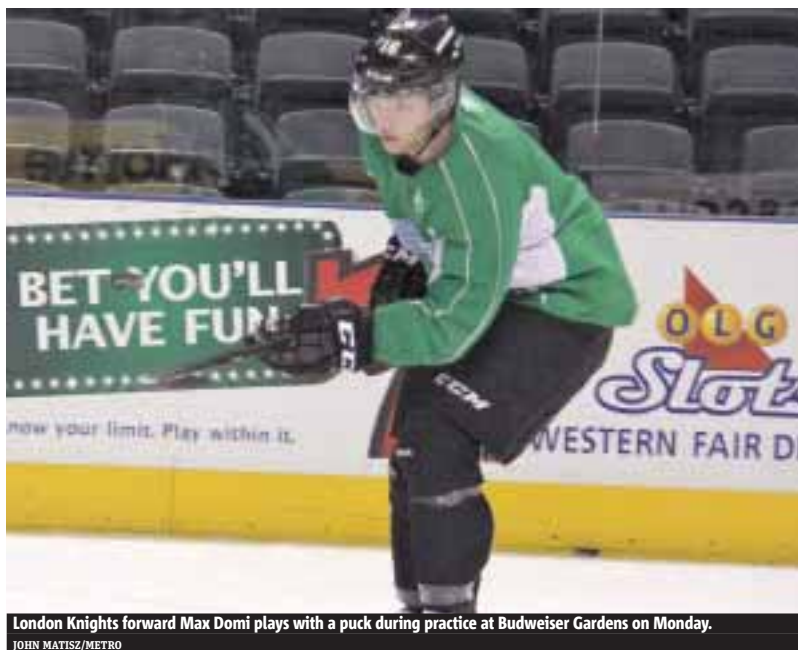
The Toronto native's sniffing experiment has paid dividends, with four of his 13 goals coming on the power play.

His latest conversion while on the man advantage was against the Knights' opponent on Tuesday, the Kitchener Rangers. Last Sunday, Domi took a crisp pass from defenceman Olli Maatta and roofed it.

Since then, London has run the table, winning all three games last week by a combined score of 10-3. Domi attributes the Knights' recent success to the goaltenders.

"It's not just one; it's both of them," Domi said of 18-year-old Jake Patterson and 20-year-old Kevin Bailie. "They're taking turns stealing the show."

Over the next 10 days, both will get a fair slice of the backstopping pie. Bailie, who saved 31 of 34 shots against the Rangers in London's 4-3



London Knights forward Max Domi plays with a puck during practice at Budweiser Gardens on Monday.

JOHN MATISZ/METRO

How they stack up

London: 1st in Midwest Division (19-5-0-2).

- Coming off 3-0 win over Owen Sound.
- Leading scorer is Seth Griffith (19 goals, 25 assists).
- Goaltenders are Kevin Bailie (.928) and Jake Patterson (.926).

Kitchener: 4th in Midwest Division (16-7-1-1).

- Coming off 4-2 win over Erie.
- Leading scorer is Matt Puempel (21 goals, 7 assists).
- Goaltenders are John Gibson (.934) and Franky Palazzese (.942).

win, gets the nod Tuesday.

The Knights are 10-2-0 on the road in 2012-13, and are the only visiting team to emerge victorious over the

Rangers this season in their newly renovated arena.

"You don't look at it. You go a game at a time. You win one, you go on to the next

one," said Knights head coach Dale Hunter, referring to the club's 11-game victory spree.

Unfortunately for London, last week's statement win over its conference foe came at a cost.

Forward Matt Rupert has undergone four root canals after taking a skate to the chops in Kitchener. He has played in the squad's past two games, yet is not a lock to suit up Tuesday.

His brother Ryan, out with a shoulder injury for the past month, is another question mark. On Monday, for the first time since being shelved, he participated in full-contact drills in practice. However, Hunter says Ryan may also not be fit for game action.

Champion Argos about more than talent



The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

picked guys that were going to be good teammates over some of those guys.

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody

playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things gets tough," he said. THE CANADIAN PRESS



Despite being one of the most recent additions to the roster, Toronto Raptors point guard Kyle Lowry has quickly taken on a leadership role. GETTY IMAGES

'Pit bull' Lowry the emerging leader of young Raptors

Casey's man. Toronto point guard can be one of the best in the league ... if he learns to trust his teammates

A game was slipping away from the Raptors, as so many have so early in the NBA season, and Dwane Casey was trying to imbue his team with some sense of confidence during a timeout.

But when it came right down to it, when he realized that he needed someone to connect with his team on some real level, he looked to one of the newest players on the ros-

ter. Casey, of course, looked to Kyle Lowry, because Lowry, just a couple of months into his tenure in Toronto, is the kind of guy a coach looks to in difficult times.

"At times, like most young teams, the first time something goes wrong, the first thing that goes down are your shoulders. You don't see that with Kyle. Kyle is always up, always saying, 'Come on, it's a close game.' We need that, we've got to have that from Kyle."

Casey's gambit in Philadelphia last week ultimately failed — the Raptors faltered down the stretch and were beaten by the 76ers — but it's telling that he went in that direction at all.

Coach Casey

"He's given the rest of the players a swagger, he's given DeMar (DeRozan) a swagger and just gives us a little bit more of an identity in the way we want to play."

Toronto Raptors head coach Dwane Casey

It speaks volumes to the place Lowry has found in the team's hierarchy, how players tend to gravitate to him thanks to the strength of his personality, and how he has emerged as a leader after such a short period of time.

His leadership, and his ability to keep his emotions in check while involving his teammates, will be put to the test this week. Lowry faces his two former teams — Tuesday in Houston and Wednesday in Memphis — and he will have to avoid the kind of over-exuberance that can take away from the leadership job that's asked of him. He has to make sure not to try to do too much while imbuing his teammates with confidence by allowing them to thrive.

There is no disputing that he gives the Raptors a bit of an edge; the Philadelphia native just needs more time to figure out what works best down the stretch in close games. **TORSTAR NEWS SERVICE**

NHL lockout

Owners, players look to mediation

The NHL and NHL Players' Association are turning to mediation in an effort to solve their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on multiple occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations.

The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Bettman said still left the sides "far apart." They are expected to get back together at some point in the coming days.

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Low blow. Lions DT Suh could be fined, but will play Sunday vs. Colts

Ndamukong Suh might lose some money for his low blow against Houston Texans quarterback Matt Schaub.

The Detroit Lions defensive tackle, though, will be able to play Sunday at home against the Indianapolis Colts.

NFL spokesman Greg Aiello tweeted Monday that the Lions have been notified that Suh won't be suspended for last Thursday's "incident," though it will be reviewed for a potential fine.

Suh was on his chest after being taken down by an offensive lineman and extended his left foot to hit Schaub below the belt. Suh's left cleat connected with Schaub's groin area after he threw a pass in the first quarter of Houston's 34-31 overtime win.

Schaub went to his knees, doubled over in pain, but stayed in the game.

It wasn't clear on replays Thursday whether it was intentional and Suh hasn't spoken publicly.

Texans linebacker Connor Barwin said he did not think Suh should have been suspended.

"I didn't think it was mali-



Ndamukong Suh GETTY IMAGES

Rough history

Suh was suspended for two games a year ago after he was ejected for stomping on the right arm of Green Bay offensive lineman Evan Dietrich-Smith during a game on Thanksgiving. He has been fined in previous seasons for roughing up quarterbacks.

cious, or a really violent thing, but it was definitely unnecessary," Barwin said Monday. "Just a little something extra at the end." **THE ASSOCIATED PRESS**



Cheerleaders shave hair to show they care

Indianapolis cheerleader Kara Kindle has her head shaved by Colts mascot Blue during the second half of a game against the Buffalo Bills in Indianapolis on Sunday. The move was in support of coach Chuck Pagano, who has lost his hair as he continues to undergo chemotherapy treatments in his battle with leukemia. **DARRON CUMMINGS/THE ASSOCIATED PRESS**

Racism in soccer. Anti-Semitic abuse taints Premier League match

Player opinion

"I was very disappointed to hear some of the songs yesterday, and it was embarrassing."

Israel midfielder Yossi Benayoun, who is on loan at West Ham from Chelsea, from his Twitter account.

jected to anti-Semitic abuse at matches.

The Metropolitan Police is looking into the chants heard during Sunday's globally-broadcast match at White Hart Lane after receiving a complaint from a member of the crowd. **THE ASSOCIATED PRESS**

English football faced another racism investigation by authorities on Monday after a Premier League match between Tottenham and West Ham was marred by anti-Semitic abuse from supporters.

West Ham pledged to impose life bans after some of its fans on Sunday were heard making chants about Adolf Hitler and also praising Italian club Lazio after an apparent anti-Semitic stabbing of a Tottenham fan on Wednesday in Rome ahead of a Europa League match against the Italian club.

Tottenham is known to have a large Jewish fan base, which has long been sub-

Sportsmanship

Soccer player owns up to five yellows

A Hannover player is proving that there's still fair play in soccer.

Midfielder Lars Stindl has been suspended for a Bundesliga match after pointing out he should be banned for

getting five yellow cards this season.

The 24-year-old Stindl kept count better than German football authorities, who failed to register an earlier booking. When Stindl was cautioned Saturday in a 5-0 loss against leader Bayern Munich, he told his club it should trigger a one-match ban. **THE ASSOCIATED PRESS**

FRIDAY
30
NOVEMBER

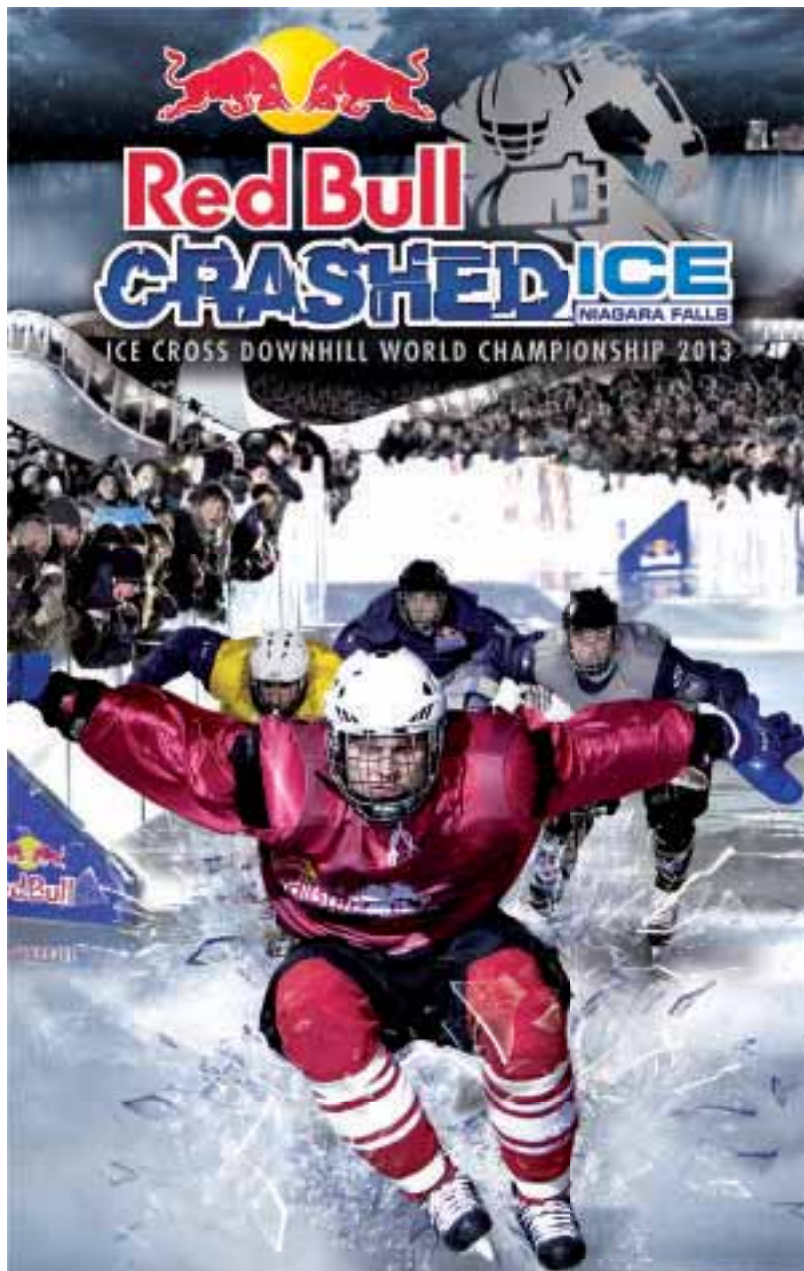
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MacDonald seen as heir apparent to GSP's throne

MMA. Kelowna, B.C., welterweight's star on the rise heading into fight with Penn

Should Georges St-Pierre retire as UFC welterweight champion, the title may not have far to go.

Rory "Ares" MacDonald trains alongside St-Pierre at Montreal's Tristar Gym. Just 23, the native of Kelowna, B.C., is seen by some as the heir apparent to GSP.

Including the 31-year-old St-Pierre himself.

"Oh yeah, definitely. I believe he has all the tools to be the greatest," St-Pierre told The Canadian Press.

Mike Ricci, another Tristar training partner who is currently being showcased on The Ultimate Fighter TV show, also sees a UFC championship belt being wrapped around his friend's waist.

"Oh yes, that's not a question. That's definitely not a question," said Ricci. "He's so talented and so focused, I don't see anybody stopping that man."



Rory MacDonald, right, hits Mike Pyle in the welterweight bout at UFC 133 in August 2011 in Philadelphia. SUCHAT PEDERSON/THE NEWS-JOURNAL/THE CANADIAN PRESS FILE

MacDonald (13-1) can turn more heads on Dec. 8 when he faces former lightweight and welterweight champion B.J. "The Prodigy" Penn on a televised UFC card in Seattle. The 33-year-old Penn (16-8-2) is a veteran fighter who loves to get under his opponent's skin. He has used Twitter before this fight to denigrate MacDonald for postponing their meeting due to a cut

and to make some less-than veiled jabs about drugs.

At Penn's request, MacDonald agreed to undergo random drug tests ahead of the fight. MacDonald says he has already passed two random tests, sounding like he agreed to Penn's request just to shut him up.

"At the end of the day, he can say what he wants to say, get people excited, but I'm still going to beat his ass," MacDonald told a recent fan question-and-answer session prior to UFC 154 in Montreal.

"He's got a lot of excuses, that guy," he added. "He likes to start (stuff)."

THE CANADIAN PRESS

Quoted

"Me and Georges are not going to fight ... I wouldn't disrespect Georges or the gym in that way."

Rory MacDonald quashing rumours that he and Georges St-Pierre might meet in the cage.

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Better with age

Rory MacDonald became the youngest fighter on the UFC's books when he signed a four-bout deal as a 20-year-old in the fall of 2009.

- Five fights later, he remains the seventh-youngest.
- His only loss is to former WEC champion Carlos "Natural Born Killer" Condit at UFC 115 in Vancouver in June 2010. Condit lost to Georges St-Pierre at UFC 154.
- After the loss to Condit, MacDonald left Kelowna for Montreal to train full time at Tristar. That iron-on-iron training has helped him raise his game each time out since, with wins over Nate Diaz, Mike Pyle and "Beautiful" Che Mills.

Horoscopes

Aries

March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

Taurus

April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

Gemini

May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

Cancer

June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

Leo

July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

Virgo

Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

Libra

Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

Scorpio

Oct. 24 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

Sagittarius

Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

Capricorn

Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

Aquarius

Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

Pisces

Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

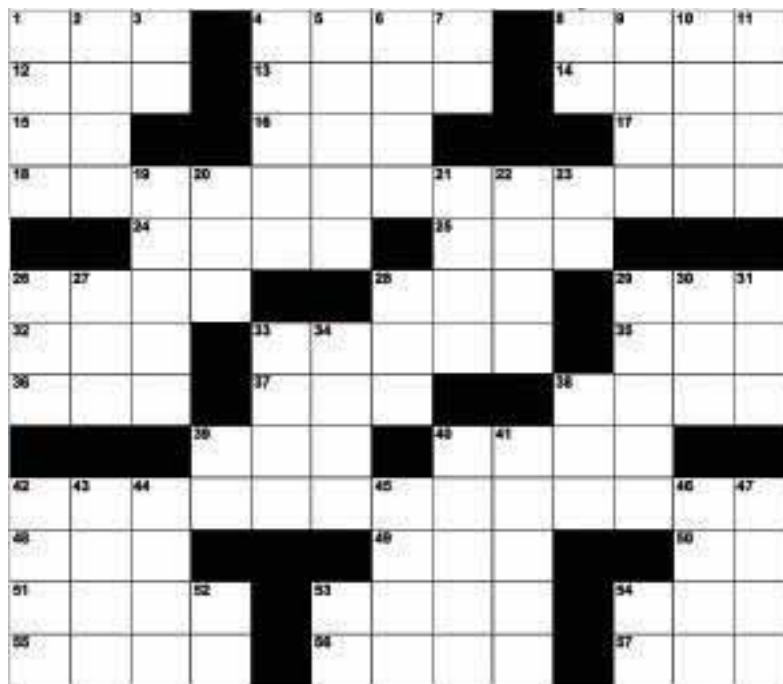
Crossword

Across

- Tennis serve
- Wash
- Land measure
- Eggs
- Greek God of Love
- Someone who gets things done
- Egg choice (abbr.)
- Thing, in the courtroom
- : Crime Scene Investigation
- Put off until tomorrow
- Puts down
- Dora the Explorer iguana
- Cheryl or Alan
- Building extension
- Eggs partner
- Onassis nickname
- Large wooden box
- Schnozz ending
- Sault — Marie
- Soak
- Amazed
- Canadian Automobile Association (abbr.)
- East Indian dress
- Escort
- Poor grade
- Form of address
- Shoe width
- The younger Guthrie
- Clothes label seen often: — in Canada
- and the City
- Thaw
- Mimicked
- Pesticide

Down

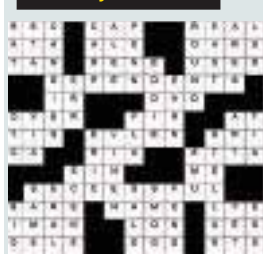
- Wind around
- "Somewhere — the Rainbow"
- University deg.
- Small fruit
- Sites
- Throw the ball
- Grades 9-12 (abbr.)
- Commercial
- Actress Imogene —
- Take a break
- A great lake
- but goodie
- Rascal
- Lean to one side
- Survivor location, sometimes
- Sha — Na



BY BETTY MARTIN

- Nevada city — Vegas
- Carney of The Honeymooners
- Have a meal
- Comedian Mandel
- Lager
- Men
- Study hard for a test
- Gather
- Upper appendage
- Denver state
- Mean
- Hung out to dry
- Sandler or Levine
- Membrane
- Prison room
- Anon
- Has to have
- Send a phone message
- Bible pt.
- Mate for Pa
- Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	8	5	1	7	4	6	3	9
1	2	6	4	3	5	9	8	7
3	8	7	9	2	6	5	1	4
9	5	4	1	7	8	3	2	6

5			6					8
	6			3	7	1		
	3		7	4				
	1					6		
7		4				2		3
		9					4	
			3	9		2		
	5	8	4			3		
1				2				5



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